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NANJEMOY Community CENTER

Activity & Event Newsletter

301-246-9612 • 301-609-7639 • 301-753-1647 ☼ 4375 Port Tobacco Rd • Nanjemoy, MD 20662

Hours: Monday & Wednesday: 8:30 a.m.–8 p.m. • Tuesday, Thursday, & Friday: 8:30 a.m.–4:30 p.m. | www.CharlesCountyMD.gov

Physical Activity & Arthritis Overview

Physical Activity: The Arthritis Pain Reliever

Long gone are the days when health care providers told people with arthritis to “rest their joints.” In fact, physical activity can reduce pain and improve function, mobility, mood, and quality of life for most adults with many types of arthritis including osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus. Physical activity can also help people with arthritis manage other chronic conditions such as diabetes, heart disease, and obesity. Most people with arthritis can safely participate in a self-directed physical activity program or join one of many programs available in communities across the country.

What are the benefits of physical activity for adults with arthritis?

Regular physical activity is just as important for people with arthritis or other rheumatic conditions as it is for all children and adults. Scientific studies have shown that participants in moderate-intensity, low-impact physical activity improves pain, function, mood, and quality of life without worsening symptoms or disease severity.

Being physically active can also delay the onset of disability if you have arthritis. But people with arthritis may have a difficult time being physically active because of the symptoms (e.g., pain, stiffness), their lack of confidence in knowing how much and what to do, and unclear expectations of when they will see benefits. Both aerobic and muscle strengthening activities are proven to work well, and both are recommended for people with arthritis.

Easter Eggstravaganza

Don't miss our annual egg hunt! Remember to bring your basket so you have it ready for the hunt. Weather permitting the egg hunt will take place outside on the grounds. Enter our Easter coloring contest stop by before April 10. Preregistration is strongly encouraged by March 30.

Sat, April 13 10-11:30 a.m.
For children 1-12 Fee: \$3



Activities & Classes

Activities & Classes

Council Meeting

This meeting is open to community members who want to make a difference in Nanjemoy. The council takes part in special events and fundraising efforts to support the center.

Monday, Apr.1, 10 -11 a.m. Fee: FREE

Benefits of Meditation

When you are having trouble sleeping most doctors will recommend changing your habits to better set the tone for bed. New finding has found that mindfulness meditation may also help with sleepless nights.

Wednesday, Apr.3, 10 a.m. Fee: FREE

National Walking Day: Let's Walk a Mile

How do we benefit from walking? Find a partner and set a weekly goal to walk further than you did the week before. Chart and compare your progress over the next month.

Thursday, Apr. 4, 10 a.m. Fee: FREE

The Nose Knows: The Sense of Smell

Smell begins at the back of your nose, where millions of sensory neurons lie in a strip of tissue called the olfactory epithelium. Join us for information about how your nose forms the sense of smell.

Monday, Apr. 8, 10 a.m. Fee: FREE

The Day the Calf-Buster Got Busted

A story of a girl, her cousin and their hilarious adventures with cows on her Uncle's farm.

Wednesday, Apr. 10, 10 a.m. Fee: FREE

National Pet Day

To honor your pet, bring in a photo or draw a picture of them to share how this furry creature has enriched your life. The Humane Society will accept your donation of an old towel or blanket.

Thursday, Apr.11, 10 a.m. Fee: FREE

Titanic Remembrance Day

This day is dedicated to the memory of persons who perished in the icy waters on April 12, 1912 when the Titanic sank. More than 1,500 people died on this date. We will take a moment to imagine what emotions they might have felt.

Monday, Apr.15, 10 a.m. Fee: FREE

Parkinson's Disease

Parkinson's disease does not affect everyone the same way. Symptoms of the disorder and the rate of progression vary with each individual. Taylor Keissling, Health Educator will discuss early symptoms, and illness progression.

Tuesday, Apr. 16, 10 a.m. Fee: FREE

Easter Egg Relay

Who will be able to relay the most Easter eggs up and down the floor of the multi-purpose room?

Thursday, Apr. 18, 1 p.m. Fee: FREE

Earth Day: Plant a Seed

Monday, Apr. 22, 10 a.m. Fee: FREE

Seven Simple Stress Busters

No matter how organized you try to be, how healthy your body is and how friendly your home and work environment strives to be.

Tuesday, Apr. 23 10 a.m. Fee: FREE

Health Benefits of Humor & Laughter

Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.

Wednesday, Apr. 24, 10 a.m. Fee: FREE

Nickel Bingo (Adults only)

Fee includes bingo, hot dog, drinks and chips. Additional purchases can be made for 50¢ per item.

Friday, Apr. 26, 6-8 p.m. Fee: \$2

How to Appreciate the Kindness of Others

When someone is kind to you or goes out of their way to do something for you, how to display your appreciation for their kindness?

Monday, Apr. 29, 10 a.m. Fee: FREE

Music Spotlight: Songs about the Rain

How many "rain" songs can you name? From the Carpenters who sang, Rainy days and Mondays to the songs of the Cascades.

Tuesday, Apr. 30, 10 a.m. Fee: FREE

Special Events

Council Quarter Auction

This council fundraiser will include new to lightly used items. Bids are taken in increments of one quarter for each item. Don't miss this fun event.

Wednesday, Apr. 17, 10 a.m. Fee: Your bid

Scam Jam Field Trip to the Clark Center

Richard R. Clark Senior Center is hosting the first Scam Jam event to teach older adults how to recognize scammers and learn ways that you can protect yourself. Guest speakers from the Charles County Sheriff's Office, AARP, Maryland Insurance Administration, MD Dept. of Aging, will present up-to-date information that you won't want to miss! You will learn how to apply safe banking practices and to identify Medicare or health care scams. You will learn how to avoid identity fraud, home repair schemes and to put into place overall safety tips for you and your family. Lunch will be catered by Apple Spice Junction. Seating is limited. Pre-registration is

required. Church van transportation.

Thursday, Apr. 25, 9:30 a.m. Fee: \$5

Arts & Crafts

Flower Aquarium

Tuesday, Apr. 2, 10-11 a.m. Fee: FREE

Easter Baskets

Tuesday, Apr. 9, 10-11 a.m. Fee: FREE

Dyeing Easter Eggs

Thursday, Apr. 18, 10-11a.m. Fee: FREE

Fitness Classes

Group Fitness with LaMont

Can be done seated or standing.

Mondays, 11 a.m. Fee: FREE

Tai Chi with Kyle

Gentle movements with positional changes.

Tuesdays, 11 a.m. Fee: FREE

Breathe Easy with Dawn

Techniques for relaxation and increased lung capacity.

Tuesdays, 1 p.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP) with Nate

Fun and motivating designed for flexibility.

Wednesdays, 11 a.m. Fee: FREE



Comedy Central presented by the Charles County Senior Show Troupe

Oh boy! What are we in for? A fun and silly good time with the talented performers.

Wednesday, Apr. 24, 10:30 a.m.
Fee: FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Computer Lab..... 8:30</p> <p>Fitness Room..... 8:30</p> <p>Billiards Drop In 8:30</p> <p>Board Games..... 9:30</p> <p>Group Fitness w/Lamont11:00</p> <p>Nickel Bingo 1:00</p>	<p>Computer Lab..... 8:30</p> <p>Fitness Room..... 8:30</p> <p>Billiards Drop In 8:30</p> <p>Tai Chi w/Kyle 11:00</p> <p>Breathe Easy w/Dawn... 1:00</p>	<p>Computer Lab..... 8:30</p> <p>Fitness Room..... 8:30</p> <p>Billiards Drop-In..... 8:30</p> <p>AfEP w/Nate 11:00</p> <p>Nickel Bingo 1:00</p>	<p>Computer Lab..... 8:30</p> <p>Fitness Room..... 8:30</p> <p>Billiards Drop In 8:30</p> <p>Board Games..... 9:30</p>	<p>Computer Lab..... 8:30</p> <p>Fitness Room..... 8:30</p> <p>Billiards Drop In 8:30</p>
<p>1</p> <p>Council Meeting..... 10:00</p> <p>April Fool's Day</p>	<p>2</p> <p>Arts & Crafts: Flower Aquarium 10:00</p>	<p>3</p> <p>Benefits of Meditation..... 10:00</p>	<p>4</p> <p>National Walking Day: Let's Walk a Mile..... 10:00</p>	<p>5</p> <p>Craft Corner..... 10:00</p>
<p>8</p> <p>The Nose Knows: The Sense of Smell 10:00</p>	<p>9</p> <p>Arts & Crafts: Making Easter Baskets . 10:00</p>	<p>10</p> <p>Short Storytelling: The Day the Calf-Buster Got Busted..... 10:00</p>	<p>11</p> <p>National Pet Day..... 10:00</p>	<p>12</p> <p>Craft Corner..... 10:00</p>
<p>15</p> <p>Titanic Remembrance Day.....10:00</p>	<p>16</p> <p>Parkinson's Disease with Taylor Kiessling..... 10:00</p>	<p>17</p> <p>Council Quarter Auction 10:00</p>	<p>18</p> <p>Arts & Crafts: Dyeing Easter Eggs..... 10:00</p> <p>Easter Egg Relay..... 1:00</p>	<p>19</p> <p>Craft Corner..... 10:00</p>
<p>22</p> <p>Earth Day: Plant a Seed..... 10:00</p>	<p>23</p> <p>Seven Simple Stress Busters 10:00</p>	<p>24</p> <p>Health Benefits of Humor & Laughter..... 10:00</p> <p>Comedy Central: Charles County Senior Show Troupe..... 10:30</p>	<p>25</p> <p>Field Trip to the Scam Jam at the Clark Center 9:30</p>	<p>26</p> <p>Craft Corner..... 10:00</p> <p>Nickel Bingo Adults Only 6:00-8:00</p>
<p>29</p> <p>How to Appreciate the Kindness of Others 10:00</p>	<p>30</p> <p>Music Spotlight: Songs about the Rain .. 10:00</p>			

PROGRAMS FOR:



ALL AGES



SENIORS



ADULTS



YOUTH



TOTS & YOUNGER CHILDREN

NANJEMOY Community CENTER

The Charles County Department of Community Services is pleased to offer this edition of the Nanjemoy Community Center Newsletter, a monthly publication listing events and programs.

GET CONNECTED!



www.CharlesCountyMD.gov

Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD • 301-934-9305
Maryland Relay: 7-1-1 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations – Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Center that has scheduled the program.

Inclement Weather Policy – When Charles County Public Schools are closed due to inclement weather, the Nanjemoy Community Center will be closed. The center does not necessarily open late or close early as with Public Schools. Tune in to local radio and television for closing announcements. You may also call the inclement weather line, 301-934-9305, ext. 5197.

April is Oral Cancer Awareness Month

Over 650 Marylanders will be diagnosed with oral cancer this year—and only half of them will be alive five years later, according to recent data from the Maryland Department of Health and Mental Hygiene (DHMH). An oral cancer exam is a painless, two-minute exam that can be easily performed by a dental or medical provider during your regular check-up. The exam looks for red or white growths or sores inside the mouth or on the lips that do not readily heal. In addition, swelling in the head and neck region can also be a concern. The prognosis for oral cancer is best when these often-unnoticed changes are found early in the course of the disease. Other ways to reduce your risk of oral cancer include limiting alcoholic drinks, using a lip balm with an SPF of at least 15, and maintaining a diet rich in fruits and vegetables. For more information about oral cancer prevention and programs in your area, contact your local health department or visit www.maryland-oralcancer.org.



Scam Jam at Clark

When it comes to avoiding scams and identifying fraud...education and awareness are key.

That's why the Richard R. Clark Senior Center is hosting the first Scam Jam event to teach residents — primarily the older adult — how to recognize scammers and learn ways that you can protect yourself. Guest speakers from the Charles County Sheriff's Office, AARP, a banking institution, and other agencies interested in your welfare, will have current information that you will want to use. You will learn how to apply safe banking practices and to identify Medicare or health care scams. You will learn how to avoid identity fraud, home repair schemes and to put into place overall safety tips for you and your family. Lunch will be catered by Apple Spice Junction. Seating is limited. Pre-registration is required.

Thursday, Apr. 25 • 9:30 a.m. • Fee: \$5

Health Partner

Health Partners is pleased to welcome their new provider, Gabriel Stanoiu, FNP to the Nanjemoy office! Gabe comes to us from Romania, a southeastern European country. Gabe received his Degree at Howard University. He is very passionate about providing quality health care! We are pleased for him to be here and serve the Nanjemoy Community.



Sneak Peek

May 9
Mother's Day Tea & brunch

May 27
Memorial Day Center Closed

Jun. 27
Nanjemoy Community Center 2nd Annual Cook-Out

